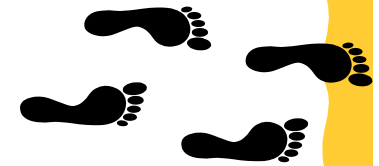


Lorain County Walks...



January 2010

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weekly Step Goal:						1	2
Weekly Step Goal:	3	4	5	6	7	8	9
Weekly Step Goal:	10	11	12	13	14	15	16
Weekly Step Goal:	17	18	19	20	21	22	23
Weekly Step Goal:	24	25	26	27	28	29	30
Weekly Step Goal:	31						

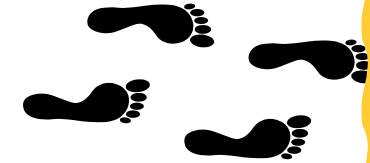


"For The Health of Us All"

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 Fax: 440-322-0911
 Email: walking@loraincountyhealth.com
 Web site: www.walks.livehealthyloraincounty.com

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Lorain County Walks...



February 2010

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weekly Step Goal: _____		1	2	3	4	5	6
Weekly Step Goal: _____	7	8	9	10	11	12	13
Weekly Step Goal: _____	14	15	16	17	18	19	20
Weekly Step Goal: _____	21	22	23	24	25	26	27
Weekly Step Goal: _____	28						

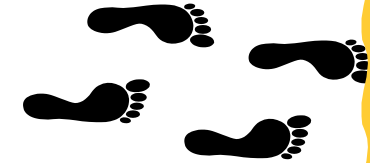
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Lorain County Walks...



March 2010

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weekly Step Goal: _____		1	2	3	4	5	6
Weekly Step Goal: _____	7	8	9	10	11	12	13
Weekly Step Goal: _____	14	15	16	17	18	19	20
Weekly Step Goal: _____	21	22	23	24	25	26	27
Weekly Step Goal: _____	28	29	30	31			

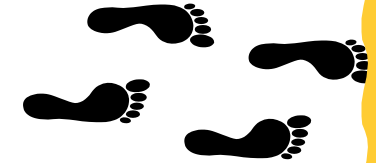
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Lorain County Walks...



April 2010

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weekly Step Goal: _____					1	2	3
Weekly Step Goal: _____	4	5	6	7	8	9	10
Weekly Step Goal: _____	11	12	13	14	15	16	17
Weekly Step Goal: _____	18	19	20	21	22	23	24
Weekly Step Goal: _____	25	26	27	28	29	30	

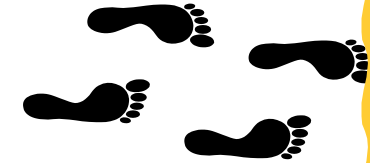
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Lorain County Walks...



May 2010

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weekly Step Goal:							1
Weekly Step Goal:	2	3	4	5	6	7	8
Weekly Step Goal:	9	10	11	12	13	14	15
Weekly Step Goal:	16	17	18	19	20	21	22
Weekly Step Goal:	23	24	25	26	27	28	29
Weekly Step Goal:	30	31					

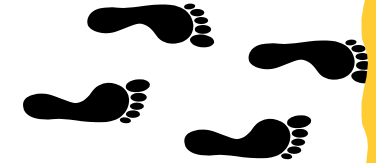
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Lorain County Walks...



June 2010

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weekly Step Goal: _____			1	2	3	4	5
Weekly Step Goal: _____	6	7	8	9	10	11	12
Weekly Step Goal: _____	13	14	15	16	17	18	19
Weekly Step Goal: _____	20	21	22	23	24	25	26
Weekly Step Goal: _____	27	28	29	30			

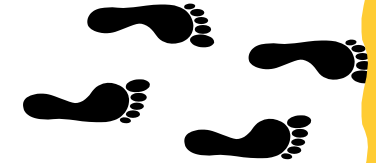
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Lorain County Walks...



July 2010

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weekly Step Goal:					1	2	3
Weekly Step Goal:	4	5	6	7	8	9	10
Weekly Step Goal:	11	12	13	14	15	16	17
Weekly Step Goal:	18	19	20	21	22	23	24
Weekly Step Goal:	25	26	27	28	29	30	31

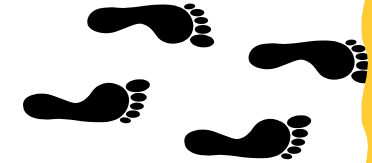
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Lorain County Walks...



August 2010

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6	7
Weekly Step Goal:							
	8	9	10	11	12	13	14
Weekly Step Goal:							
	15	16	17	18	19	20	21
Weekly Step Goal:							
	22	23	24	25	26	27	28
Weekly Step Goal:							
	29	30	31				
Weekly Step Goal:							

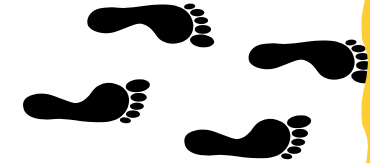
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Lorain County Walks...



September 2010

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weekly Step Goal:				1	2	3	4
Weekly Step Goal:	5	6	7	8	9	10	11
Weekly Step Goal:	12	13	14	15	16	17	18
Weekly Step Goal:	19	20	21	22	23	24	25
Weekly Step Goal:	26	27	28	29	30		

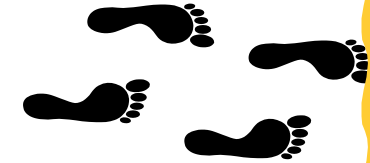
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Lorain County Walks...



October 2010

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1	2
Weekly Step Goal: _____	3	4	5	6	7	8	9
Weekly Step Goal: _____	10	11	12	13	14	15	16
Weekly Step Goal: _____	17	18	19	20	21	22	23
Weekly Step Goal: _____	24	25	26	27	28	29	30
Weekly Step Goal: _____	31						

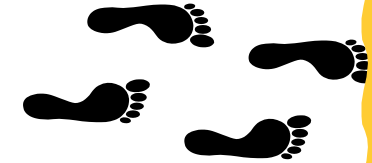
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Lorain County Walks...



November 2010

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weekly Step Goal:-----		1	2	3	4	5	6
Weekly Step Goal:-----	7	8	9	10	11	12	13
Weekly Step Goal:-----	14	15	16	17	18	19	20
Weekly Step Goal:-----	21	22	23	24	25	26	27
Weekly Step Goal:-----	28	29	30				

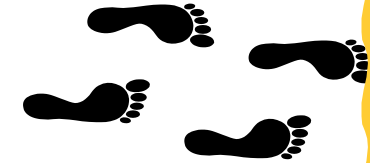
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Lorain County Walks...



December 2010

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weekly Step Goal:				1	2	3	4
Weekly Step Goal:	5	6	7	8	9	10	11
Weekly Step Goal:	12	13	14	15	16	17	18
Weekly Step Goal:	19	20	21	22	23	24	25
Weekly Step Goal:	26	27	28	29	30	31	

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